

Leland Avenue Meets the 21st Century



As neighborhood residents go about their daily business in this scene facing west on Leland Avenue in the first month of the 21st Century, many will probably wonder what Visitation Valley's commercial center will resemble in another 100 years.

Importance of U.S.-China Bilateral WTO Agreement

by Jimmie V. Reyna, WTO Trade Expert

(NAPS) Much has been made about the new major trade agreement between the U.S. and China, how it will open tightly-closed markets in the world's most populous nation, how it will spur this socialist giant toward free market-based global-trade, and how it will ultimately benefit China and its trading partners.

In spite of the laudatory tone of such reports, the question remains: How will China's entry into the World

Trade Organization really benefit American companies and workers? Let's take just three areas as examples: agriculture, industrial products, and services.

While overall tariff levels under the agreement will decline to about 17 percent, agriculture tariffs will actually decline to 14-1/2 and 15 percent. This means vast new markets for American products such as corn, wheat, cotton and soybeans. China's agreement to eliminate export subsidies will also improve the ability of U.S. agricultural products to compete in the world market.

How important do you think it is for America's high-tech, high-quality industrial goods to have full trade and distribution rights in the nation that one-quarter of the world's population calls home? That is exactly what this agreement provides, including import/export processes less encumbered by Chinese bureaucracy and restrictions.

The agreement also covers a dizzying range of services, from banking to telecommunications, professions to tourism, and retailing to transport. Take just one small part of the banking issue—that of auto financing. Chi-

Warning of Animal Cruelty in Valley

Some Visitation Valley residents recently received a shocking neighborhood bulletin warning about animal cruelty.

The bulletin reads: "Your pets may be in danger of being poisoned. A number of dead cats have been found in our neighborhood in the last few weeks. Anyone who sees or hears anything suspicious, please call the Animal Care Control."

"Anyone who is vicious enough to put poison out to kill any animal does not care if the animal he kills is someone's pet or a wild creature! Even someone's child may pick up the poison!"

"If you find any dead animal, please either take it to the Animal Care and Control yourself or call them to pick it up so they can check for poison!"

"Also up on Harkness Street, there is someone trapping cats and taking them to Animal Care and Control to be killed. Please report anything suspicious by calling Animal Care and Control at this number: 554-9405."

nese tariffs of 80-100 percent will be phased down to 25 percent by 2006, and U.S. companies will be able to provide financing. As with industrial products, the agreement on services will guarantee better distribution as well as trading rights, including high-tech services and electronic commerce.

It is no exaggeration to say that the agreement will further job security in the U.S., lend predictability to world economies and promote greater political stability in China and the Far East, and reduce the severity of future Asian economic crises. This new agreement is a win-win situation that should be enthusiastically embraced by American businesses and workers who see a high global demand for their high quality goods and services.

SFUSD Tests School Hotlines

Children worried about being called a "tattletale" have a new, safer way to report potential problems. Pacific Bell Information Services announced Jan. 24 that it is donating one voice mailbox to each of the San Francisco Unified School District's (SFUSD) 155 schools. The donation allows schools to set up hotlines for students, parents and neighbors to anonymously report their concerns.

Jim Dierke, principal at Visitation Valley Middle School, came up with the idea several years ago and wanted to find a way to expand it. During an education roundtable meeting last year with State Senator Jackie Speier, Dierke mentioned his idea as a way to improve school safety. Senator Speier offered to help, and turned to Pacific Bell Information Services.

"It's about everyone listening to each other's needs and learning from

each other," said Speier, who represents San Francisco in the state Senate. "The schools came up with a great idea and Pacific Bell offered voice mail. I'm sure we'll all find this to be a helpful tool."

Pacific Bell Information Services is donating the voice mailboxes and technical support for six months, at which time the program will be reviewed for its effectiveness. Each school has its own private hotline number. School personnel will listen to the messages, investigate, and provide follow-up to resolve any problems.

"These hotlines provide schools with a useful tool for preventing potential safety issues from becoming real problems," said SFUSD Superintendent Linda Davis. "We appreciate Pacific Bell's donation and Senator Jackie Speier's initiative to help our schools."

New Treatment May Benefit Millions Who Suffer from High Blood Pressure

(NAPS) A complicated, often hereditary condition, high blood pressure (or hypertension) is impacted by a variety of risk factors, including high cholesterol, age, obesity and lack of exercise. High blood pressure directly increases the risk of coronary heart disease, heart attack and stroke. Despite recent treatment advancements and public health initiatives, the American Heart Association estimates that 50 million Americans currently suffer from high blood pressure, making it one of our nation's most serious health concerns.

The good news is that doctors now have a new weapon against the potentially life-threatening condition that is often dubbed the "silent killer" because of a lack of symptoms.

Available for the first time in the United States, Aceon Tablets (perindopril erbumine) provides continuous 24-hour blood pressure control with a single daily dose. It was initially introduced in France under the brand name Coversyl and has been used successfully in Europe for the past 10 years. In a pivotal clinical study, perindopril demonstrated approximately equivalent blood pressure reduction at 6 and 24 hours after administration.

"We all experience normal increases and decreases in blood pressure throughout the day," explains Joel Neutel, MD, chief of the division of clinical pharmacology and hypertension, Veterans Affairs Medical Center, Long Beach, CA. "For example, when we wake from sleep each morning, many people experience a sudden rise in pressure. For the

hypertensive patient, this could be a concern if their medication doesn't provide full 24-hour coverage, as Aceon Tablets has been shown to do."

Alarming, one-third of the 50 million Americans with high blood pressure don't realize they suffer from it.

See Page 8

Applications Available For State Fellows

Applications are still available for the 2000-2001 California Senate Fellows Program. This program provides college graduates an opportunity to become full-time Senate staff members for 11 months beginning October 2000.

Fellows are assigned to the personal or committee staff of a senator and also participate in academic seminars with senators, senior staff, journalists, lobbyists and state government officials. They are paid a stipend of \$1,882 a month plus health and dental benefits and earn 12 units of graduate credit from California State University, Sacramento for the academic portion of the program.

Deadline for submitting applications is Mar. 1, 2000. Eighteen Fellows will be selected in May after an initial screening and a subsequent panel review of semifinalists.

Applications may be requested from Senator Jackie Speier's office at 400 South El Camino, Suite 630, San Mateo, at the Hiram Johnson State Office Building, 455 Golden Gate Ave., Suite 14200, or by calling the program office at (916) 322-7563.

Permit Hearing for Valley Residential House

Neighborhood residents were among those in attendance at a meeting of the S.F. Planning Commission Jan. 20 to hear an agenda item involving a request for conditional use authorization to allow for the legalization of an existing 24-bed group housing facility in Visitation Valley.

Metropolitan Fresh Start House, which was opened two years ago and currently houses 12 persons and occupies two residential structures on one lot on Leland Avenue between Elliot and Delta Streets, was applying for the correct permits from the Planning Department to expand to 24. Department staff had commented they advised Fresh Start to obtain the permits two years ago.

There were reservations and concerns expressed by the Planning Department staff and commissioners, as the Commission decided to "continue" this item for the purpose of allowing Fresh Start more time to comply with some requests and suggestions that Planning Commission staff had made of the operators of the house. There were also a number of people anxious to comment on this item, and commissioners allowed them to speak.

This issue had supporters, opponents and a number of people with mixed feelings. Those with mixed feelings said that facilities like Fresh Start House were gravely needed, and for that reason, could not oppose the project. However, they were con-



Valley residents were in attendance at the Planning Commission meeting.

cerned that proper communication be established with neighbors and that careful and proper management was imperative.

Supporters included residents of the Fresh Start House, who were moving in their testimonials to the benefits they have received by residing in Fresh Start House. They were determined to help Rev. DeVore meet and exceed all needs and expectations of both the Planning Commission and the neighbors, pledging to do so during discussions held after the meeting.

Opponents of the permit issue were those who felt nervous about having a facility for recovering substance

abusers immediately next door, across the street from childcare facilities and around the corner from the Elementary School.

There was a mixed bag of other concerns expressed by various people. Most of them, however, were not willing to utter that infamous phrase: "Not in my back yard!"

A general consensus seemed to be that although there were a number of concerns including safety, density of the enlarged population, parking and traffic problems, and management capability, most of those concerned were willing to try to assist the Fresh Start House in their efforts.

GRAPEVINE MAILBOX**Discount Prescription Drug Program for Medicare Patients**

Dear Grapevine Readers:

Happy New Year! The State Legislature is back in full swing and I'd like to take this opportunity to share with you some wonderful news from Sacramento that could affect you or someone you know.

Of the 19 bills I had signed into law last year, I am most proud of the passage of SB 393, a discount prescription drug program for Medicare patients.

Beginning February 1, Medicare patients without an HMO prescription drug plan are able to save significant dollars by purchasing prescription drugs at a discounted rate. This means that the 13 million Californians who are Medicare patients without an HMO prescription drug plan will no longer have to pay retail prices for their prescription drugs.

Depending on the type of prescription drug and how much it costs, seniors will save as much as 10-40 percent on their prescription drug bill. On average, if a senior has an average monthly prescription bill of \$350, their savings will be \$128. This is a huge benefit!

SB 393 enables the State to pass on its volume discount purchasing power to Medicare seniors. There is no new paperwork needed for either the patient or the pharmacist. And there is no restricted formulary as exists under HMOs.

All you will need to do to take advantage of this savings is present your Medicare card and a valid prescription to a pharmacy that serves Medi-Cal patients. Patients pay for their own medications at the reduced rate which is equal to the amount the State would pay the pharmacy for a Medi-Cal prescription.

Currently 12 percent of California's population is on Medicare without a prescription drug plan—yet their purchases represent 33 percent of the prescription drugs sold to Californians. California also has the highest average prescription drug prices in the nation where prescribing costs have shot up 20 percent over the last two years. These prices have increased for seniors because pharmacies have to compensate for the deep discounts they give HMOs. In reality, the only people now paying retail prices for prescriptions are Medicare seniors.

For those of us who are members on an HMO, we can get a 10-day prescription for antibiotic pills for only a \$5 co-pay, while Medicare seniors will pay \$50 for the same prescription. The discriminatory pricing victimizes those who are least able to afford it. In 1993, 13 percent of older Americans had to choose between buying food or medicines. That is a choice no person should ever have to make.

The State of California has notified pharmacies of this new law. If you have any problems or encounter a Medi-Cal pharmacy unfamiliar with this new program, I hope you will contact my office. Please write a thank you to your pharmacist as well, without their neutrality this bill would not have passed.

I'd also like to hear about any success stories with this bill. Please let me know if you experience any significant savings or related benefits.

My district office in San Francisco (415-557-7857) is open five days a week and will be happy to answer any questions you may have about this new law. You can also get more information on this and other bills I am carrying by visiting my website on the

Internet at www.sen.ca.gov/speier. You can subscribe electronically to my press releases and consumer alerts by visiting the "Publications" link. You can also subscribe to the status of my bills, or any bills in the Legislature, by visiting the "Legislature" link from my site.

I hope you will share this exciting news about SB 393 with friends and loved ones. I look forward to sharing important news out of the California State Legislature in future editions of the Visitation Valley Grapevine. All the best,

Sen. Jackie Speier

Free Assistance for Low to Moderate Income Tax Payers

Dear Editor:

AARP Tax-Ride volunteers will be available at 25 sites in San Francisco through April 15, 2000 to assist low to moderate income tax payers, with special attention to those age 60 and older, complete their Federal and State income tax returns.

The assistance is free. All the counselors have been trained and certified to provide assistance with the cooperation of the Internal Revenue Service and the Franchise Tax Board.

Tax payers needing assistance should be sure to take any tax packets they received from the Internal Revenue Service or Franchise Tax Board and copies of the previous years returns are helpful, if available. They should take any W2s if they were employed, information regarding interest or other income. If they wish to itemize they will need all pertinent information, such as tax bills, medical expenses, charitable contributions, etc.

Counselors will be in Visitation Valley at the VVCC Senior Center, 66 Raymond Ave., on Friday, Mar. 17 from 10 a.m. to 2 p.m.

Information on other sites may be obtained from the Senior Information and Referral Center in San Francisco at (800) 510-2020.

Sincerely,

Norma Ensner

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday at 1 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult.

Museum admission is free with \$4 per person workshop fee (except where noted). Call 554-9600 for further information.

***March 4: 18th Annual Science Fair** - Browse among 200 science projects as the Randall hosts the annual S.F. Middle School Science Fair.

***March 11: Tiles and Trivets** - Make your own ceramic tile with a textured design.

***March 18: Amazing Amphibians** - Discover the world of these wet and wonderful creatures.

***March 25: Clay Boxes** - Learn how to make a box out of one piece of clay and add texture as a decorative element.

Junior Engineer Day - Put on your engineer's cap and help the Golden Gate Model Railroad Club run their huge train layout, free, from 11 a.m. to 3 p.m. on Mar. 18.

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Importance of S.F. Parks

by Mayor Willie Brown

San Francisco's Recreation and Park System is one of the finest in the nation. Memorable places like Golden Gate Park, Alamo Square, and Stern Grove figure into the lives of almost every San Franciscan.

Our parks and open spaces are important to San Francisco's image as a desirable place to live, work, and visit. They contribute to public health, personal development, real estate values, energy conservation, and air pollution reduction. But, most importantly, they are our backyards.

San Francisco's Recreation and Park System includes Golden Gate Park and the neighborhood parks and playgrounds, as well as recreation centers, marinas, esplanades, forests, golf courses, athletic fields, and stadiums. Years of budget cuts under previous administrations have taken their toll on our proud System, and despite the efforts of the Rec and Park Department and our citizens, we all agree that our parks are in a state of disrepair.

In April, I launched the Park Renaissance Crusade, which encompasses seven initiatives including action plans that are designed to jumpstart the restoration and revitalization of San Francisco's Recreation and Park System. The Crusade was a response to Rec and Park's city-wide Neighborhood Assessment Program, as well as studies, reports, and community input that recommended ways to improve our System. Examples of projects under the Park Renaissance Crusade include the installation of a new irrigation system at Duboce and Hilltop Parks and the resurfacing of basketball courts at the Chinese Recreation Center and Hayes Valley Playground.

Thanks to your outstanding efforts, San Francisco is now moving forward with a detailed plan to renew our neighborhood parks. It was your contribution and the work of thousands of other San Franciscans committed to safe and clean parks that led to two March ballot measures that

will help us revitalize our neighborhood parks and open spaces.

Propositions A and C were placed on the ballot by a unanimous vote of the Board of Supervisors. The two measures have already won the support of the Sierra Club, the Republican Party, the Neighborhood Parks Council, the Friends of Recreation and Parks, SPUR, Coleman Advocates for Youth, S.F. Beautiful, Senator Dianne Feinstein, Congresswoman Nancy Pelosi, and hundreds of other San Franciscans.

Proposition A will provide \$110 million to renew our park. It is the first city-wide investment in restoring our neighborhood parks in more than 50 years. It will mean new playing fields, improved security, rehabilitation of facilities that host programs for children and teenagers, and many other long-overdue improvements in neighborhood parks throughout the city.

Proposition C will extend the City's

Healthier and Safer Food in the 21st Century

(NAPS) During the early 20th century, contaminated food, milk and water caused many deadly infections, including typhoid fever, tuberculosis, botulism and scarlet fever.

Long before vaccines or antibiotics, these illnesses could be controlled by handwashing, sanitation, refrigeration, and pasteurization. These, as well as healthier animal care, feeding and processing, also help improve food supply safety today.

Food Safety

Common bacteria such as Salmonella and Staphylococcus can multiply quickly to sufficient numbers in perishable foods to cause illness. Prompt refrigeration slows bacterial growth and keeps food fresh and edible.

Tips: Buy perishable foods last and only when you can take them home right away. Store them in containers in the refrigerator. Regularly clean and disinfect the refrigerator and freezer. Wash hands and clean and disinfect kitchen surfaces before, during and after cooking and serving food. Wash raw fruits and vegetables before eat-

ing. Defrost food on a plate in the refrigerator or microwave. Cook food of animal origin thoroughly. Do not drink unpasteurized milk or juice. Cool and promptly store leftovers.

San Franciscans had great visions for Golden Gate Park when they purchased the windswept dunes more than 130 years ago. Today, we have great visions for all 220 neighborhood parks. We want to increase public safety, rehabilitate recreation centers, and expand youth and enrichment programs and services. Our vision for San Francisco's parks in the new century should reflect the vision of our predecessors optimism and promise.

People with diets rich in fruits and vegetables and low in fat and cholesterol have a substantially lower risk for heart disease, diabetes, and many types of cancer. People should eat at least five fruits and vegetables daily. When this healthy diet is paired with moderate physical activity (such as walking) 30 minutes on most days of the week, many people also find it easier to maintain or lose weight.

Older people need to pay even closer attention to eating healthy, safe foods. A person's nutritional needs change with age and older people may be more susceptible to illnesses caused by spoiled or contaminated food. Because older people might not eat as much, they need to be sure that what they are eating will help them meet recommended daily allowances for important nutrients.

More health information is available on the CDC's website at www.cdc.gov.

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WVCC Family School Celebrates New Kitchen

by Steve Glumaz

Visitation Valley Family School (VVFS) faculty, city officials, volunteers and citizens came together Dec. 10 at Visitation Valley Community Center (VVCC) to give thanks and to celebrate the grand reopening of the recently renovated Family School kitchen.

Donation of products from Morse Diesel International Construction and Consulting plus participating businesses, through the San Francisco Mayor's Adopted Childcare Fund and Christmas in April Program made the project happen.

"I love all the kids and since I come from a large family of cooks, I like cooking, and the new kitchen allows for better cooking," said assistant cook Jewel Furlough. "The kids like the cole slaw even with the onions in it, but don't tell them there's onions in it, because we sneak those things in."

Renovation commenced last Sept. 29 with the Bayview Environmental Services Company coming in first to remove any hazardous lead paint and asbestos. In fact, more than 15 Bay Area business organizations volunteered their expertise of knowledge, material application and manpower towards the project.

For the ceremony, the doorway and door to the new kitchen were draped in ruby-red Christmas paper, tiny lights strewn all over, a green pine wreath dead center on the door and velvet brandy wine colored ribbon stripes with gold leaf trim beckoned observation. Large platters of hot and cold food, such as buffalo wings marinated overnight in special sauce then baked with basil, were streamlined across tables but couldn't be touched until after the presentations. In fact, the cooks stood vigilant over the platters.

VVFS Teacher assistant Ana Hernandez had been preparing the Center's children for two weeks to sing for the attendees on this memorable day, which they did beginning with the song Jingle Bells. After warming-up, the 22 children went on to sing ABCs with those in attendance cheering them on.

"We are the only county in the state that passed a local care initiative to refurbish childcare facilities," explained Deborah Alvarez, director of the Mayor's Office of Children,



Gift-wrapped for Christmas was the new kitchen at WVCC Family School as Owena Walker and Jewel Furlough began food preparation.

Youth and Their Families. "To that aim, we have helped build or refurbish over 1,000 childcare slots within San Francisco in recent past. This is a high quality childcare facilities fund established about a year and a half ago committed to universal affordable high quality childcare."

New floor mats, five stainless steel counters and sinks, an immense six-burner stove complete with two large ovens and a 2-by-3 foot grill, and five huge reach-in industrial refrigerators filled to capacity with food still allows for room to move about comfortably. Having once been offices for childcare directors, the kitchen will now serve more than 300 meals a day, up from 200. A state-of-the-art fire system was also installed.

Some VVFS faculty members said they are going to miss the workers who became family. "The only sad thing about the culmination of this job is that you don't get to see anybody (the workers) anymore," said VVCCenter Director Julie Kavanagh.

Certificates of appreciation were presented to the following Bay Area organizations that aided in consultation, design and construction of the new VVFS kitchen: J.F. Duncan Industries; Aire Sheet Metal Inc.; Rosendin Electric; Architecture Door Services; Norman Wright Mechanical Equipment; Superior Auto; J Gibbs & Sons, Inc.; Lawson Roofing; Ballet Bros.; O'Reilly Faina, Giampolini Architectural; ISEC Inc.; Bayview Industrial Services; and Stomper Company, Inc.

But the highlight of the ceremony

occurred when VVCC board member Renie Champagne presented an award to Morse Diesel International for work accomplished and subcontractors assigned.

"Now we can make sure they (the kids) get the nutritious meals that our gracious cooks (Owena Walker and Jewel Furlough) prepare," explained Champagne. "This center started in 1980 and is dedicated especially to the children. And as an added addendum, that kitchen is going to allow them (the cooks) to make me some gumbo."

After the awards presentation, most people in attendance said that it was difficult to comprehend who was responsible for actually getting the project started, since everyone seemed to distinguish each other as the groundbreaker.

Denis Driscoll of Morse Diesel International first previewed the kitchen with the architect before bringing in the subcontractors to show them the existing kitchen.

"The first thing I did after the architect did his thing was to bring in the subcontractors," said Driscoll. "It's not so much the construction part, but the design. We were going to build a kitchen in an old conference room, then I realized that there was not enough counter space, so... the kitchen functions well with the cooking and prep area together."

VVTS Director Brenda Lopez, was said to have sparked the idea for more kitchen space by flat-out stating, "With sledge hammer in hand, take that wall out."

Study Shows Instant Hand Sanitizers Cut School Absenteeism

(NAPS) Elementary school students who use an instant hand sanitizer in the classroom have 20 percent fewer absentee days due to illness, according to a recent study of over 6,000 children. The study results, supported by the National Association of School Nurses, emphasize the importance of hand hygiene in an effort to reduce sick days and keep kids in the classroom.

Handwashing is acknowledged as the most effective method for preventing the spread of infection. However, it just isn't possible or practical to wash with soap and water as often as needed. Instant hand sanitizers, when introduced as a complement to handwashing, provide an effective alternative that is convenient and easy to use.

Students in the study were instructed to wash their hands with soap and water as they normally do, but to also use the instant hand sanitizer before and after lunch, after recess and after using the restroom. Dispensers were installed next to every classroom door.

The study ran for 10 months, covering the 1998-99 school year, and school districts in Athens, Tennessee; Wilmington, Delaware; Irvine, California; Cuyahoga Falls, Ohio; and Hudson, Ohio were involved. A total of 19 elementary schools, grades K-6, took part. In each school district, classrooms containing Purell Instant Hand Sanitizer were paired with control classrooms. Absentee days due to illness were recorded by school personnel.

The spread of infectious disease

accounts for more than 164 million lost school days annually among kindergarten through twelfth grade students in public schools, according to figures provided by the U.S. Centers for Disease Control and Prevention.

Gojo Industries, Inc., makers of Purell, and the National Association of School Nurses find the results promising for school nurses, administrators, teachers, students, and parents across the country and encourage additional studies to determine effective ways to prevent illnesses and absenteeism among elementary school children.

"This study demonstrates the importance of healthy hand hygiene in a classroom setting. Teaching children the importance of hand hygiene, whether it's with a hand sanitizer or soap and water, can help reduce the

spread of infection and the resulting loss in learning days," said Judy Robinson, Ph.D., R.N. and Executive Director of the National Association of School Nurses.

So what can be done this winter to help keep kids healthy and in school? Parents can do their part by encouraging their children to:

*Wash their hands with soap and water regularly;

*Use a hand sanitizer between handwashings or when soap and water are not available;

*Eat a well-balanced diet;

*Engage in regular physical activity; and,

*Dress appropriately when going outdoors.

For more information about the study or hand hygiene, visit www.purell.com.

Secret to Weight Loss May Be at Tip of Nose

(NAPS) While obesity is reaching epidemic proportions in the United States, with over 30 percent of the population seriously overweight, for many people looking to lose weight the answer may be right under their noses.

According to a group of re-searchers, certain smells can help people lose weight.

"Simply inhaling certain specific scents before eating resulted in an average weight loss of 19 pounds in only three months" in a recent study which was published in the Journal for Advancement in Medicine, explains Dr. Charles B. Hensley, one of the researchers and the chairman of the non-profit research lab called BioTem Cytotechnologies.

The theory is the specially formulated aromas cause the body to believe it has already eaten. This in-

creases a person's feeling of fullness so he or she consumes less food.

Now, a Harvard-trained doctor, Joan Katz, MD, and other research scientists are calling for participants to be involved in a study to see how easy it can be to comply with this theory.

Participants need not count calories, go on special diets or change their current levels of exercise. The researchers are seeking people who are at least ten pounds overweight, have a good sense of smell and are willing to remain on the program and fill out a one page form each month for a year. The study will supply the pen-like aromatherapy product each month for no product cost.

To see if you meet the qualifications to be selected for this study, you can call, toll-free, 1-877-MD-STUDY (1-877-637-8839).

API Shows SFUSD Schools Better Than Average in State

California's new Academic Performance Index (API) shows schools in the San Francisco Unified School District (SFUSD) scoring higher than the state average.

Nearly two-thirds (65.4 percent) of San Francisco's public schools ranked at or above average with a 5-10 ranking on the newly devised state index. The API ranks all schools in California from one to 10 with half of the schools scoring above and half below five. In San Francisco, 42 percent of the schools ranked well above average with a score of 7-10 on the statewide ranking.

"We are very pleased with the progress our schools have made," said SFUSD Superintendent Linda Davis. "We will continue to work closely to improve the performance of schools that are not at or above average. We are committed to bringing in prepared, competent and caring teachers and to provide a special focus on schools with the greatest needs."

SFUSD has been actively involved in school reform initiatives for many years and is currently participating in the state's Immediate Intervention for Underperforming Schools Program (II/SUP) designed to help schools succeed.

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What is the WTO And Why Are So Many Angry with It?

by Robert E. Swift

(NAPS) We've certainly learned a great deal more about the World Trade Organization than we knew just a few months ago. Since the WTO gave the appearance of working under a cloak of secrecy, its existence and mission came as something of a surprise to many when it erupted into the public arena through coverage of demonstrating protesters in the usually sedate city of Seattle.

Almost in synch with this coverage another headline appeared in the trade publication Women's Wear Daily (WWD): "Apparel-Textile Jobs Dip Further in Nov." The article stated that "The overall U.S. unemployment rate held at a 29-year low of 4.1 percent in November, but the apparel and textile employment situation continues to deteriorate, according to Labor Department figures."

"The apparel industry in November employed a seasonally adjusted 661,000 workers, down 4,000 from October and a hefty 64,000 below year-ago levels."

"Textile employment remained 36,000 below November 1998."

"Analysts pinned the long-term downward trend on the decline of domestic manufacturers and significant increases in imports."

The reason why many were in Seattle protesting is directly connected to this story, which simply records a fact of the life in this quintessential American industry. Our Federal Administration has made it profitable for many U.S. companies to establish their manufacturing facilities in foreign lands, where cheap labor is plentiful. Labor is so cheap in these countries because they fail to provide decent wages and even minimum standard working conditions.

There's irony here. The U.S. is on record as highly supportive of human rights. In fact, whenever we encounter gross violations, as with Tiananmen Square, we make our dis-

pleasure known in ways ranging from subtle to downright overt. So why then is it acceptable to create circumstances that provide incentive to countries who are overworking and underpaying employees laboring under conditions we consider inhumane? There is no harmony between our actions and espousals.

And now along comes the WTO. This 135-country organization was created five years ago out of the confusion and challenges brought on by global trade. It attempts to facilitate trade among nations by acting as a quasi authority that in many instances tries to even the playing field between Third World countries and more prosperous and advanced nations. These latter members have well-established regulations and laws governing everything from pollution standards to working conditions, that have evolved under generally accepted behavior and world citizenship. But these laws tend to stymie poorer countries. To many observers, it appears the WTO was created

as a way to circumvent these advances in the human condition, instead of promoting them and working with the Third World to find ways to raise their standards. The dishonor-roll of abuses that are either winked at or downright condoned by the WTO is long: dumping, environmental non-compliance, overlooking human rights and abhorrent working conditions. And finally, with the urging of our own government, the WTO will now consider membership by China, a nation guilty of all these abuses and more.

The Administration has placed trade high on its agenda as a way of gaining leverage with some of these countries. But success would be no more than a costly victory, coming at great sacrifice to the tens of thousands of workers who already have or are about to sacrifice their livelihoods for vague and unsubstantiated policy gains.

Those who look for the Made in U.S.A. label are in effect voting for the best American traditions, includ-

ing support of a vital and key manufacturing industry and the jobs it creates here. Join them in looking for and buying products with the Made in U.S.A. label and keep jobs here.

For facts on helping our economy

by buying items made in America, write to the Crafted With Pride in the U.S.A. Council at 1045 Avenue of the Americas, New York, N.Y. 10018, or call at 212-819-4397 or fax 212-819-4493.

Robert E. Swift is executive director of the Crafted with Pride in U.S.A. Council, headquartered in New York City.

Book Ranks Millennium's Movers and Shakers

(NAPS) Heroes and villains. Saints and sinners. The good, the bad and the-evil, let's just say all of these and more have found a place in a fascinating book that marks the passing of the millennium. *1,000 Years, 1,000 People* is built around a list of the people who have shaped the last 1,000 years--for better or worse. Each person on the list is given a ranking, from 1 to 1,000, in order of the significance of their contribution. That's where the fun--and the debate--begins.

Johannes Gutenberg is the man of the millennium. He earns his number-one status for developing a practical printing press that helped spread truth, beauty, and yes, even heresy, throughout the world. His efforts to mass-produce the written word helped fuel the Renaissance, the Reformation and the scientific revolution. Copies of his first major project, the Gutenberg Bible, still survive today.

There may not be an argument for the top spot, but any book that ranks

the contributions of cookbook author Fannie Farmer ahead of General Douglas MacArthur is bound to spark a controversy or two. Elizabeth I of England outranks her father, Henry VIII, and Paul McCartney narrowly beats John Lennon.

To arrive at the rankings, authors Agnes Hooper Gottlieb, Henry Gottlieb, Barbara Bowers and Brent Bowers--journalists and educators--created the BioGraph System, a method that the authors admit is not exactly scientific.

The system ranks an individual in five categories: lasting influence; impact on their contemporaries; effect on wisdom and beauty in the world; singularity of their contribution and charisma. The subjects come from all areas of the world and all walks of life. Each entry is supported by a brief biography.

Readers who disagree with the results are invited to voice their opinions and tell the authors whom they foolishly left out, and why.

"Little Vis" Celebrates Winter Festival



Mr. Edwards' 3rd graders performed "Rudy, the Red-Nosed Reindeer" at the annual Winter Festival Dec. 16 at WVES.



Ms. Marshall's 2nd graders posed with Santa, Ms. Davis, Officer Kaleva of Bayview Station and PTA V.P.'s Mrs. Argumedo and Mrs. Ramirez. Thanks to the S.F. Fire Department, every student at WVES received a small gift from Santa this past holiday season.

On the early morning of Dec. 17, the how? children heard the bad news: Santa's trailer broke down. Would he be able to deliver his gifts to the school? And Officer Kaleva's patrol car with bags of goodies for all the children!



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Ingleside Station Police Report

*On Dec. 24, 1999 at 6:18 a.m. on the 4600 block of Mission Street, Ingleside officers responded on a call of an arson. Upon arrival officers detained a suspect who was pointed out by two witnesses. The suspect had attempted to start a building fire and succeeded in setting fire to a mailbox. The male suspect was charged with arson, possession of an incendiary device, and attempted arson. Case 991558607

*On Dec. 25 at 12:35 a.m. on the unit block of Ora Way, Ingleside officers responded on a call of a robbery. The victims arrived at home and were in the process of putting their vehicle in the garage. They saw the first suspect walking down the street. Then a white/blue four door chrysler pulled up and two other suspects got out and ran toward the victims. The suspects took their money and fled in the vehicle. The first suspect is a black male approximately 20-30 years old, 6'01", 200 lbs. He was wearing a blue jacket, dark pants, and had short dark hair. The second suspect is a black male approximately 20-30 years old, 6'0", 170 lbs., wearing a light sweater and dark jeans. The third suspect was possibly a black or Hispanic male. He was wearing an olive green jacket. Case 991560737

*On Dec. 25 at 12:53 a.m. at San Jose and Sagamore Street, Ingleside officers responded on a call of a carjacking. The victim was sitting at a red light stopped. The first suspect opened her unlocked passenger door and got inside. The second suspect came up to her driver side window and pointed a gun at her and told her to get out. The suspects took the vehicle and fled the area. Case 991560806

*On Dec. 29 at 6:08 a.m. on the 100 block of Blythdale Avenue, Ingleside officers responded on a call of a rape. Upon arrival the victim gave the officers an suspect and vehicle description. The suspect is known to the victim. The officers made a search of the area with no results. The victim said she was at home in bed when the suspect entered and forced himself on her. The victim said there were other people in the house at the time it occurred. They did not help her when she screamed for help. The suspect is a 26 year old black male. He is 5'11", 160 lbs., and was wearing blue jacket and black pants. He was driving a newer 1990 model red Camaro. He frequents the 1100 block of Scott Street. The other subject wanted is black male approximately 25-28 years old and is 5'7", 150 lbs. There was a third suspect arrested in the case. Case 991574772

*On Dec. 29 at 10:30 p.m. on the 100 block of Highland Avenue, Ingleside officers were in the area further investigating the rape which occurred on 12-29-99 (case number 991574772) because the suspect vehicle was seen in the area. The officers know the suspect frequents one of the homes in the area. The officers were unable to locate the suspect at that time. Case 991574772

*On Jan. 3, 2000 at 8:50 p.m. on the 500 block of Campbell Avenue, Ingleside officers responded on a report of a robbery. The victim said he was walking and was aware of the subjects behind. He heard one of them say "gimme the backpack." The victim turned around to confront them and was struck in the eye. The suspects took his wallet and fled the area. The first suspect was a black female 18-25 years old. She was approximately 6'0", 170 lbs. and wore dark clothing. The second suspect was a Black male 18-25 years old. He was approximately 5'9", 165 lbs. and wore dark clothing. The third suspect was a black male 18-25 years old. He was approximately 6'0", 175 lbs. and wore dark clothing. Case 000011110

*On Jan. 3 at 10:19 a.m. on the 300 block of Ocean Avenue, Ingleside officers responded on a call of an explosive device. A red paper cylinder was found with a wire coming out of it. The bomb squad was called and the device disarmed. Case 000007915

*On Jan. 3 at 4:20 p.m. on the 3700 block of Mission Street, Ingleside officers responded on a call of terrorist threats. The victim was recently robbed and the suspect is now in jail for the crime. The victim believes the family of the suspect is now threatening him. A man walked into the victim's store and simulated a gun with his hand then gestured as if to shoot him. The suspect made threats to burn the store down. The suspect is a Hispanic male approximately 45-50 years old. He is 6'0", 220 lbs. with green eyes and blond hair. Case 000009836

*On Jan. 4 at 4:12 a.m. on the 700 block of Gates, Ingleside officers responded on a call

of a robbery. The victims were at home in bed. There were two suspects with guns who entered their bedrooms and asked them for money. The victims told them they had no money and then the suspects fled the house. The first suspect was a black male approximately 23 years old. He was 5'2", 150 lbs. and was of medium build with a high pitched voice. He wore a black skull cap, a black handkerchief over his mouth, a gray jacket, and gray tennis shoes. The second suspect was a black male approximately 22 years old. He was 5'9", 180 lbs. and was dark skinned. He wore a blue/red baseball cap and his mouth was covered by a black rag. Case 000011916

*On Jan. 4 at 8:11 p.m. at Holyoke/Mansell, Ingleside officers responded on a call of a robbery. The victim got off the bus and was walking when she was attacked. The first suspect grabbed her and threw her to the ground. The suspect grabbed her purse then he and a second suspect fled the area. The first suspect is a Hispanic male approximately 30-35 years old. He is 5'5", 150 lbs. and was wearing a dark beanie, dark puffy jacket, and dark pants. The second suspect is a Hispanic male approximately 20-25 years old. He is 5'7", 170 lbs. and was wearing a dark puffy jacket with a hood and dark pants. Case 000015504

*On Jan. 4 at 2:23 p.m. on the 100 block of Leland Ave., Ingleside officers responded on a call of a stolen vehicle/kidnapping. The victim double parked his vehicle with his daughters inside the vehicle while the engine was running. The suspect got into the vehicle and drove off with the children inside. The suspect let the children out of the vehicle unharmed several blocks later. The suspect is a Hispanic male approximately 20 years old and is 5'9", 180 lbs. He was wearing a white t-shirt, blue jeans, and had reddish brown wavy hair. Case 000013815

*On Jan. 5 at 7:57 p.m. at Silver/Mission, Ingleside officers responded to a call of a robbery. The victim flagged an officer down and pointed out a suspect who had attempted to "rob her." The suspect got on a muni bus but the officer was able to stop the bus and detain the suspect. The juvenile was booked for the attempted robbery. Case 000019910

*On Jan. 7 at 9:28 p.m. at Moultrie/Eugenia, Ingleside officers responded on a call of a vehicle accident involving a taxi cab. The officers were also notified that the cab was a carjacked vehicle. While the officers were conducting their investigation an anonymous caller called and gave information as to where the carjacking suspects could be found. The officers responded to the location and were able to take the suspects into custody. The victim was able to identify the suspects. Male suspect #1 was booked on charges of carjacking and possession of stolen property. Female suspect #2 was booked on charges of carjacking and possession of stolen property. A third male was detained for questioning and released. Case 000029373

*On Jan. 9 at 4:23 p.m. on the 400 block of Athens, Ingleside officers responded on a call of an indecent exposure. A description of the suspect was broadcast and the officers were able to locate him. When they tried to detain the suspect he fled and the officers pursued him. The officers caught and took the suspect into custody even though he struggled with them. The male suspect was booked for indecent exposure and sex offender registrant. Case 000034968

*On Jan. 10 at 10:25 p.m. on the 5900 block of Mission Street, Ingleside officers were patrolling the area. They observed a juvenile walking down the street. They then saw the suspect spray paint the side of a building. They stopped and took the suspect into custody. The juvenile was booked for the vandalism. Case 000040868

*On Jan. 10 at 5:20 p.m. on the 5300 block of Diamond Heights, Ingleside officers were flagged down by citizens of a robbery committed on a Muni bus. The victim was robbed on the bus by someone she knew previously from school. The victim was able to produce a picture of the suspect for the officers. The officers, through their investigation, were able to locate the suspect and take her into custody. The juvenile was booked for the robbery. Case 000039742

*On Jan. 11 at 11:30 a.m. on the 400 block of Hanover, Ingleside officers responded on a call of a burglary. The victims had returned from the store and found a vehicle in their driveway and their front door forced open. While the victims stood outside two suspects came out of the house with the victims property. The victims tried to stop the suspects from leaving but were unable to. The first suspect was an Asian male approximately 20-30 years old. He was 5'6", 145 lbs. and had brown eyes and black hair.

He was wearing a navy blue or black jacket. The second suspect was an Asian male approximately 20-30 years old. He was 5'6", 145 lbs. and had brown eyes and black hair. He was wearing a navy blue or black jacket. They were driving a dark blue sedan type vehicle. Case 000042626

*On Jan. 12 at 3:30 p.m. at Blythedale Avenue at Santos Street, Ingleside officers were patrolling the area when they observed a subject with a known search condition walking down the street. When the suspect saw them he started running from the officers. As the officers pursued him they saw the suspect carrying a machine gun. During the chase the officers saw the suspect put the gun down and continue running. The officers were able to take custody of the weapon and the suspect without incident. The male suspect was booked for possession of an assault weapon, violation of probation, possession of a firearm as well as several other charges. Case 000048577

*On Jan. 12 at 11:19 p.m. on Cortland/Mission, Ingleside officers responded to a call of a robbery. The victim had gotten off the Muni bus and the three suspects exited off with him. They asked him for money and at the same time felt his pockets. He took out his wallet in an attempt to show them he had no money. One of the suspects hit him in the face several times and took the wallet fleeing the area. The other two suspects followed. The first suspect was a black male approximately 17-18 years old. He was 5'10" 190 lbs. with black hair. He was wearing a red baseball cap. The second suspect was an Asian male approximately 17-18 years old. He was 6'1", 140 lbs. with blond hair. He was wearing a polo shirt, Tommy Hilfiger jacket, and blue jeans. The third suspect was a Hispanic male approximately 17-18 years old. He was 5'7", 125 lbs. and had black hair. He was wearing a red polo shirt, blue jeans, and had curly slicked back hair. Case 000050378

*On Jan. 13 at 3:08 a.m. on the 400 block of Vienna, Ingleside officers responded to a call of a domestic violence. The suspect tried to enter the victim's house by breaking the garage door and he had also made death threats. The victim told the officers the area in which the suspect lived. The officers responded to the area and were able to locate the suspect and take him into custody. The male suspect was booked for domestic violence, terrorist threats, vandalism, and an outstanding warrant. Case 000050873

Conference Will Showcase City's Natural Lands

The Randall Museum, S.F. Recreation and Park Department and the Yerba Buena Chapter of the California Native Plant Society are sponsoring a conference that showcases the city's wild and scenic natural lands.

A Decade of Making History: San Francisco Ecological Restoration will take place on Saturday, Feb. 19 from 9 a.m. to 2 p.m. at the Randall Museum, 199 Museum Way.

Come celebrate a decade of volun-

VISITACION VALLEY GRAPEVINE - FEBRUARY 2000 - 5

teers and professionals working together to build natural as well as human communities in the wild and scenic areas of San Francisco. You are invited to come and learn about the successes of many of San Francisco's community-based habitat restoration projects.

Workshops include: youth and restoration education, photomonitoring, networking, environmental justice and restoration, and poetry and restoration.

Register by Tuesday, Feb. 14 by calling 753-7265 or 554-9604.

Home-Based Family Services for You and Your Family

The Time for You is now!

Whether your goals are a new better job, a better home, a healthier lifestyle, or understanding your baby, now is the time to go after those goals. Those goals won't wait for you to catch up!

Early Head Start services are provided at no cost to you!

Connect!

- Get connected to community resources, information and materials for you and your baby
- Learn about
 - Pregnancy/Parenting
 - Child Development
 - Health and Safety
- Meet other parents and children
- Nutrition
- Mental Health
- Fun with your Child

Is Early Head Start for you?

- Pregnant Women
- Children 0-3 Years Old (Including Children with Disabilities)

How to qualify:

- Live in San Francisco
- Meet the Federal Income Guidelines (see below)

Federal Income Guidelines

Family Size	Maximum Annual Income	Family Size	Maximum Annual Income
1	\$8,240	5	\$19,520
2	\$11,060	6	\$22,340
3	\$13,880	7	\$25,160
4	\$16,700	8	\$27,980

* Early Head Start also has a waiting list for childcare through our Center-Based and Family Childcare options. The sooner you apply the better your priority on the waiting list, so contact us today!

WU YEE CHILDREN'S SERVICES
SAN FRANCISCO EARLY HEAD START
777 Stockton Street, Suite 202
San Francisco, CA 94108
Phone: (415) 391-1355

VISITACION VALLEY MULTI CULTURAL CELEBRATION

Come and
Join Us

Celebrate the many cultures that make up our wonderful neighborhood. Join your neighbors, Vis Valley merchants, schools, churches and community service providers, in an event with performances, food and fun. We hope to build relationships of respect and understanding between all of the people in Visitacion Valley.

The date is:

Saturday, February 26, 2000

from:

11: 00 am to 2 : 00 pm

in the VVCC Gymnasium
at 50 Raymond Ave.
SF, CA

Grapevine Puzzler World's Railroad Bridges

P F A F F E N B U R G S Z X C D E R T F
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Corte	Khotur	Pfaffenburg-	Tramo Sober
Fades Viaduct	Lindischgraben	Zwenberg	Vance Creek
Faux-Mau-Ti	Mala Rijeka	Rio Chinipas	Viaur
Garabit	Viaduct	Rio Grande	Victoria Falls
Viaduct	Mungstner	Ten Tze	Vresk

Historic Proportions

Match clues to answers.

1985

1. Youngest pitcher ever on Aug. 25 won 20 games
2. They won the NBA title on June 9
3. Rock festival was held July 13 for famine relief
4. Winners of Super Bowl XIX on Jan. 20
5. New drug started causing havoc in cities
6. Baseball hit record broken on Sept. 11
7. Cyclone reportedly killed 10,000 here in May
8. Shipwreck discovered Sept. 1 after 73 years.
9. Thousands killed in huge earthquake on Sept. 19
10. New leader of the Soviet Union on Mar. 13
11. Bomb aboard jumbo jet killed 329 on June 23.
12. Massive drug probe initiated in this sport
13. World Series winners on Oct. 27.
14. Racial violence here caused government crisis
15. Cult leader was arrested Oct. 28 trying to flee U.S.
16. Winner of eight Oscars at Academy Awards on Mar. 25.
17. Collapse of Tsesoro dam July 19 claimed 264 lives.
18. Scientists in Illinois activated largest version of this on Oct. 13.

Five Years Ago
In the Grapevine

FEBRUARY 1995

*Residents of Visitacion Valley participated in a community-wide clean-up campaign on Martin Luther King Day.

*Visitacion Valley Task Force members resumed monthly meetings as members discussed dangers of lead poisoning and learned further developments about the forthcoming Leland Avenue Residence.

*Staff and students of Visitacion Valley Elementary School were at the corner of Bayshore Boulevard and Sunnydale Avenue Jan. 24 for the unveiling of their *Neighborhood Image Enhancement* billboard.

*Visitacion Valley neighbors commenced a *World Wall for Peace* in McLaren Park, decorating ceramic tiles with their own various designs representing the idea of peace.

*Norcal announced at a December Little Hollywood Association meeting its plans to underwrite a substantial portion of the costs of improving lighting at Little Hollywood Park.

- A. Air-India
 B. Mexico City
 C. Titanic
 D. Bangladesh
 E. Major league baseball
 F. Kansas City Royals
 G. Crack
 H. San Francisco 49ers
 I. Shree Rajneesh
 J. Los Angeles Lakers
 K. South Africa
 L. Italy
 M. Atom-smasher
 N. Dwight Gooden
 O. Amadeus
 P. Mikhail Gorbachev
 Q. Live Aid
 R. Pete Rose

Answers: 1-N, 2-J, 3-Q, 4-H, 5-G, 6-R, 7-D, 8-C, 9-B, 10-F, 11-A, 12-E, 13-F, 14-K, 15-I, 16-O, 17-L, 18-M.

Sez Who?

Match quotes to speakers.

1. "Even a secret agent can't lie to a Jewish mother."
2. "A spoken contract isn't worth the paper it's written on."
3. "Everybody likes a kiddie but nobody loans him money."
4. "I have enough money to last me the rest of my life unless I buy something."
5. "I don't want to achieve immortality through my work. I want to achieve immortality through not dying."
6. "Marriage is a wonderful institution. But who wants to live in an institution?"
7. "A politician is a man who will double cross that bridge when he comes to it."
8. "Liberals feel unworthy of their possessions. Conservatives feel they deserve everything they've stolen."
9. "Television is a medium because it is neither rare nor well done."

- A. Woody Allen
 B. Jackie Mason
 C. Peter Malkin
 D. Groucho Marx
 E. Oscar Levant
 F. Ernie Kovacs
 G. Sam Goldwyn
 H. Mort Sahl
 I. Arthur Miller

Answers: 1-C, 2-G, 3-I, 4-B, 5-A, 6-D, 7-E, 8-H, 9-F.

Grapevine Online

Visit the Grapevine's website at: <http://home.earthlink.net/~visvalley> for past news stories, local history and a complete business directory.

Adding Lemon to Fresh Vegetables Makes for Microwave Magic

(NAPS) Adding a little lemon can make a big difference when it comes to heightening flavor and lowering calorie content.

Lemon works especially well when vegetables are microwaved. Microwaving fresh vegetables is a fast way to provide flavor-rich veggies with just the right texture. To add extra flavor and zest to your vegetables, you can also microwave some tempting fresh lemon sauces.

Fresh lemons are low-calorie with only five calories per tablespoon of juice and are very low in sodium. They are fat- and cholesterol-free and are high in vitamin C. You may enjoy a squeeze or two of fresh juice to perk up your vegetables. However, if you prefer a zesty lemon herbed sauce, here are some quickie ideas you can do in the microwave.

Lemons can also be warmed up in the microwave to free up the juice. Microwave at High setting (100 percent) power one small lemon for 15 to 30 seconds or one large lemon about 45 seconds. Cut in half crosswise and squeeze out juice on hand or electric juicer. Or, roll a lemon which is at room temperature on the counter top with the palm of your hand and then juice.

To enjoy the varied flavors, textures and nutritional goodness of many fresh vegetables, just cook until crispy tender and add a touch of fresh lemon. Keeping it simple can make it easier to get some of those five fruits and vegetables you need each day for better health.

Tangy Lemon-Sesame Butter

1/4-cup butter or margarine, grated peel and juice of 1/2 Sunkist lemon, 1 tablespoon toasted sesame seed, 1 teaspoon sugar, 1/8 teaspoon garlic powder (optional).

In 1-cup glass measure, combine all ingredients. Microwave, uncovered, at high (100 percent) power for 30 seconds until butter is partially melted. Stir to melt remaining butter. Makes about 1/3 cup sauce.

Parsley-Dill Butter

1/4-cup butter or margarine, grated peel and juice of 1/2 Sunkist lemon, 1 tablespoon chopped parsley, 1 teaspoon chopped fresh dill or 1/4 teaspoon dried dill weed.

Follow same directions as in Tangy Lemon-Sesame Butter recipe.

Low Fat Lemon-Herb Sauce

2-teaspoons cornstarch, 1/2-cup fat free chicken broth, grated peel and juice of 1/2 Sunkist lemon, 2 teaspoons finely chopped chives, or 1 teaspoon finely chopped favorite fresh herb. (Substitute 1/4 to 1/3 teaspoon dried herb, crushed.)

Measure cornstarch into a 4-cup glass measure. Pour in a small amount of chicken broth and stir until cornstarch is completely dissolved. Stir in remaining chicken broth. Cover tightly with microwave wrap. Microwave at high (100 percent) for 1 minute. Remove from oven, uncover and scrape sides and bottom of dish well. Using a whisk, whisk well to dissolve lumps. Stir in grated lemon peel and juice. Recover with wrap, return to oven and microwave for 1 minute. Prick wrap to release steam. Remove from oven and uncover. Serve hot. Makes about 1/2 cup. 1 tablespoon sauce has four calories and no fat.

Additional cooking time may be needed for lower than 650-watt microwave ovens.

New Open Door Muni Meeting

Muni General Manager Michael T. Burns announced plans to hold another "open door" meeting with individual members of the public.

This customer outreach program, modeled on Mayor Brown's highly successful *Open Door Days* will have its next session on Thursday, Feb. 24 from 5 to 7 p.m. in the office of the Muni General Manager at 491 Van Ness Ave., Room 320. Individual meetings will be for 5-10 minutes and by appointment only.

A Muni hotline at 923-6199 has been established to make reservations. Callers should leave their name and phone number, and a Muni staff member will return their call.

Celebrating Martin Luther King Day



Many participants took part in the celebration of Rev. Martin Luther King, Jr. Day on Jan. 17 at the Bill Graham Civic Auditorium following a Freedom Train Ride and March.

Tips on Sticking to a New Year's Resolution

(NAPS) This year, many Americans rang in the new Millennium with one of the most popular New Year's resolutions--eating healthy. But maintaining a healthy diet can be one of the most difficult resolutions to stick to. Incorporating a few simple steps into one's daily routine can help make it easier to stick to that pledge. Following are some tips for healthy living and eating in the new millennium to help sustain that all-important New Year's resolution.

Statistically So Weight loss is one of the major reasons people choose to eat healthier as a New Year's resolution. In fact, 35 to 40 percent of women, and 20 to 24 percent of men are currently trying to lose weight. There are approximately 58 million overweight people in the United States, which is equivalent to about 54 percent of adults ages 20-74, and that number continues to grow year after year. Although these numbers may seem staggering, maintaining a healthy lifestyle, including weight loss, is a goal that can be achieved. It will take plenty of discipline and self-motivation, but by following the recommended lifestyle of a reduced-calorie diet and regular exercise, a healthy lifestyle can be a reality.

Snack Time: One of the toughest habits to break while trying to eat healthy is snacking. It may seem extremely difficult to avoid high-calorie, high-fat snacks because they taste so great, but there are foods available that are both delicious and nutritious.

For instance, peanuts, such as those sold by the leading national brand, Planters, are a good source of many of the vitamins and minerals needed to maintain a healthy lifestyle. Peanuts are a good source of niacin and manganese, both of which help support healthy energy metabolism. They also contain the mineral magnesium, which helps maintain healthy bones and teeth. In addition to vitamins and minerals, peanuts contain unsaturated fats, in fact, half the fat in peanuts is monounsaturated fat, the same kind as found in olive oil. In a single serving, peanuts contain 14 grams of total fat, 2 saturated, 4 polyunsaturated and 7 monounsaturated.

Time Out: There is no doubt that Americans lead busy lives. With days of endless working and running errands, who has time to think about keeping healthy? And to compound this, what do people normally do when they are stressed? Eat! How about heading off the need to eat before it starts? Well, in order to stick to that New Year's resolution, it is important to take a break every so often, sit down and relax. Spend quality time with family or loved ones, read a book or even watch TV to get away from the stresses of everyday life, and recharge your batteries.

Game On: Remember, taking a time-out can only be beneficial in doses. That's why it is also important to set aside some time for a little exercise, by finding creative ways to keep moving and burn calories to build metabolism while doing cumbersome daily chores. For instance, while cleaning the house, turn on some music, and keep your body moving. Instead of

sitting around after a big meal, take a walk around the block with the family. This will provide some much needed exercise, and will also be a chance for quality time with loved ones.

While New Year's resolutions will not get any easier to keep in the next millennium, there are some sure-fire ways to get started on the right path. This year's resolution for a healthier lifestyle doesn't have to wait. Start today by getting fit or staying fit through exercise, eating foods that are nutritious and good tasting and getting plenty of rest to ensure success with your resolution. For more information on the benefits of peanuts visit www.planters.com.

Making Reading Fun for Kids

(NAPS) Reading is fun, but you wouldn't know it by today's kids. They spend more than 10 hours per week watching TV and only 5 hours per week reading, according to a recent study by the Henry J. Kaiser Family Foundation.

Bernice Cullinan, Ph.D. and award-winning author of *Read to Me: Raising Kids Who Love to Read* (Scholastic), and Toymax Inc., makers of the new Thinkworks Smart Reader system, offer these tips on getting kids excited about reading.

Tip #1: Keep books handy. Put books where your children will be--in the car, by the bedside and in the family room. Carry them wherever you may have to wait, such as the dentist's or doctor's office.

Tip #2: Buy books that your children's peers are reading. This will encourage them to talk about books with their friends.

Tip #3: Busy parents need help: they don't have endless hours to spend with children. Videos and audiobooks of favorite stories are a great incentive for kids to pick up the real thing. Electronic learning aids are a big help, too.

A renowned reading specialist, Dr. Cullinan recommends the portable Thinkworks Smart Reader system because it encourages beginning readers to identify words and gain confidence reading alone. A child simply inserts a cartridge into the colorful Reader and it is ready to help when the youngster does not recognize or can't sound out a word. Words are color-coded and young readers press the corresponding buttons on the Smart Reader to hear the word pronounced.

Parents can choose from a library of popular titles from Random House (including *The Berenstain Bears' The Big Honey Hunt* and *P.D. Eastman's Are You My Mother?*) and Disney Books (including *Toy Story II*, *The Lion King* and *101 Dalmations*). Titles are categorized into reading levels, allowing the Reader to grow with each child and be used by more than one child in a family.

For a free copy of Dr. Cullinan's *10 Tips to Make Reading Fun for Kids* brochure, or for information on where to purchase the Thinkworks Smart Reader system, send a self-addressed stamped envelope to Toymax Inc., 125 E. Bethpage Road, Plainview, N.Y. 11803.

Sump, the Grump



Ten Tips To Shop Online Smarter

(NAPS) If you shop online you're not alone Online purchases are expected to reach \$111 trillion by the year 2003. These tips can help make your online shopping experience safer and smarter.

1. Use a credit card with a safe online shopping guarantee. Look for a card with specific guarantees, like 100-percent coverage for any losses due to fraud when shopping on the Internet. Many credit cards only cover a percentage or the first \$50 toward fraud.

2. Shop only at sites that offer encryption protection. There are three ways to recognize a protected site: a small lock symbol at the bottom of your browser window, an address that starts with https:// (the "s" stands for secure) instead of just http://, or a warning box that pops up at the point of purchase.

3. Always look for a Web site's privacy and security policy. Stay clear of a Web site that either does not have one or does not guarantee your personal information will not be sold. A highly credible Internet company, like NextCard, guarantees that no private information will ever be sold or given out to third parties.

4. Do your homework on the merchant. Sites such as NextCard's GoShopping! (www.nextcard.com/shopping) evaluate hundreds of different Web merchants on criteria including customer service, privacy policy and content. Look at the ratings other Internet shoppers give and stay clear of sites that either aren't listed or receive poor marks.

5. Research your purchase. Use shopping search agents to find the best deals once you know where and what you want to purchase. NextCard's GoShopping! helps you find the best prices and deals online and may even include special online coupons.

6. Print out a copy of your order and confirmation for your records. Reputable merchants will usually send an e-mail confirming your order.

7. Never share your passwords. Write them down and store them in a safe place. NextCard's Concierge digi-

tal wallet securely stores and conveniently remembers your passwords, as well as billing and shipping information, so you don't have to re-enter it each time you visit a site.

8. Do not use the same username and password at every site. Should any of your personal information ever be compromised, a thief won't get very far if you use different and unlikely passwords and usernames on different sites. The NextCard Concierge can help here too by securely and automatically entering all your passwords at different sites with the click of your mouse.

9. Use only one credit card to shop online. This helps keep track of your online purchases, and will make it easier to spot purchases that are fraudulent. Look for a credit card that lets you review transactions online as well--you'll be more likely to notice an error before it becomes a problem.

10. Don't enter more information at a merchant site than is absolutely necessary. There's usually no reason why you should have to supply information such as birth dates or Social Security numbers when making a purchase. Fill in only the bare essentials necessary to make your purchase.

For more information about online shopping visit www.nextcard.com.

Be Careful: It's

(NAPS) Think about the many surfaces you touch each day, from shopping cart handles and ATM pads to escalator handrails and gym equipment. According to a new research study conducted by the University of Arizona, what's lurking on these public surfaces often ends up inside your home and can create a health risk for all members of the family.

Federal health officials estimate that 75 million Americans get sick each year and roughly 80,000 die from infectious bacteria, making it the third leading cause of death in the U.S. after cancers and heart-related deaths. "Once bacteria is introduced into the home, it spreads from person-to-person and surface-to-surface in an unending cycle of re-contamination that can make people sick, and often does," said Dr. Kelly Reynolds, microbiologist at the University of Arizona and author of the study.

The study examined more than 800 public surfaces in three states and found the potential risk of bringing harmful contaminants into the home is alarmingly high. On average, a person can touch and retouch up to 300 surfaces in just 30 minutes, contaminating and re-contaminating frequently touched surfaces like door-knobs, refrigerator handles and remote controls.

So what can be done to better protect our homes and families from the germ jungle? The Centers for Disease Control and Prevention recommends frequent hand washing as a first line of defense in the control of germs. But, according to Dr. Reynolds, hand washing alone is not enough to contain the bacteria cycle, because the moment a surface is touched, the

Healthtalk: Smart Antibiotic Use Helps Avoid Infection

by Stephanie E. Mazzeo-Caputo

How many antibiotics are in your medicine cabinet right now? Are you still hanging on to at least one half-finished prescription? It will come in handy to cure your next sore throat or stuffy nose, right? Wrong!

In fact, cutting your prescribed antibiotic course short and saving the remaining medicine for another infection may seem prudent, but it could make you sicker.

Antibiotics are used to ill the bacteria that cause some illnesses, such as ear infections or strep throat. They are prescribed for a period of time long enough not only to relieve symptoms, but also to rid the body of all of the infection-causing bacteria. Discontinuing the medication course as soon as your symptoms are gone may allow some of the stronger bacteria to remain and reproduce. As a result, another infection may flourish, making you sick all over again.

Moreover, continued misuse of antibiotics can eventually lead to an infection that is resistant to antibiotic treatment--a dangerous and increasingly prevalent trend.

Fortunately, there are several things

you can do to get the most out of antibiotic treatment and protect yourself from further infection.

***Don't assume you need an antibiotic.** The flu and common colds are viral infections. Antibiotics will not treat viral infections at all--they are only effective against bacterial infections.

***Never borrow someone else's medication.** Different antibiotics fight different bacteria. What cured your friend's sore throat may not cure yours, particularly if your infection is not bacterial. Old medication also may have lost its effectiveness and could even be dangerous.

***Don't skip doses.** Take your antibiotic exactly as directed. Taking it sporadically can hinder your recovery and can also lead to the growth of resistant bacteria.

***Wash your hands regularly.** Washing your hands often is the most effective way to avoid infection. To thoroughly cleanse, you should rub hands together with soap and warm water for 10-15 seconds, making sure to wash the back of your hands, palms, fingers, and nail beds. Do this several times a day, especially after sneezing or coughing, using the bathroom, or handling raw foods (particularly meat, poultry, or fish).

***Eat right and sleep right.** A well-balanced diet and adequate rest will boost your immune system, which

helps your body to fight infection.

Even with your best efforts, it is nearly impossible to escape the occasional infection. When you feel that runny nose or sore throat coming on, don't turn to that half-empty bottle in the medicine cabinet. Consult your healthcare provider to determine the most effective and safest treatment for you.

Grapevine Want Ads

ATTENTION: OWN A COMPUTER? Put it to work! 1-888-261-1949; \$25-\$75 PT/FT VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, VVCC After School coordinator. (415) 330-8557. A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines; small children's furniture, writing and/or art supplies, educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.

BEEN THERE...DONE THAT! The Visitation Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work--Job Readiness Training." Classes are conducted by sensitive community trainers from Visitation Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.

ADVERTISING IN THE GRAPEVINE for Display: Full Page \$150, 1/2 Page \$80, 1/4 Page \$45; 1/8 Page \$25; 1/12 Page \$15. Discount for three or more insertions. Call (415) 467-9300 for more details. Want Ads: 20 words for \$1 Extra line 50 cents. Mail ad and payment by last day of prior month to Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

February 2000

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24	25	26	27	28	29

S.F. City Meetings

Aging 1st Wed 9:30a, Airport 1st & 3rd Tu 3p, Arts 1st Mon 3p, Education 2nd/4th Tu 7p, Health 1st/3rd Tu 3p, Housing Auth 2nd/4th Th 4p, Human Rights 1st/3rd Th 4:30p, Library 1st Tu 5:30p, Planning Th 1 3:30p, Police Wed 5:30p, Port 1st Tu/3rd Wed 4:30p, Public Utilities 2nd/4th Tu 2p, Rec and Park 3rd Th 2p, Social Services 4th Th 9a, Status Women 4th Th 4p, SF Supervisors Mon 2p

Visitation Valley Community Center

Mondays: Senior Shopping 11:30 a.m., Tuesdays: Senior Ceramics 9:30 a.m.-4 p.m., Senior Bingo 12:30 p.m., Thursdays: Sewing Class 9 a.m.-3 p.m. USOA Food Distribution Day is last Thursday of every month

San Francisco City Services

ABANDONED CARS.....	781-JUNK
ANIMAL CONTROL (stray, abused, dangerous animals).....	554-6364
BUS SHELTER DAMAGE.....	882-4949
CHILD COUNSELING SERVICES (Huckleberry House).....	621-2929
CITY TREES (trimming).....	695-2162
CRIME-STOPPERS (anonymous crime tip line).....	1-800-2GIVEINFO
DOMESTIC & FAMILY VIOLENCE (WOMAN Inc.).....	864-4722
DPW (street trash).....(days) 695-2017; (nights/weekends) 895-2020	
EMERGENCY SERVICES (provide location and complete descriptions).....	9-1-1
EMERGENCY SERVICES (non-published number for cell-phone).....	553-8090
GARBAGE SERVICE COMPLAINTS.....	255-3610
GRAFFITI CLEANUP (DPW).....	241-WASH
GRAFFITI SUSPECT INFORMATION (leave message).....	553-1603
INGLESIDE STATION.....(Anonymous tip line: 333-3433)	553-1603
LELAND AVENUE RESOURCE CENTER.....	585-2675
MAYOR'S OFFICE.....	554-7111
MAYOR'S OFFICE OF NEIGHBORHOOD SERVICES.....	554-6110
McATEER HIGH SCHOOL ANONYMOUS CRIME TIP LINE.....	437-4986
NARCOTICS TIP LINE (anonymous).....	1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (DPT).....	553-1200
POLICE (non-emergency).....	553-0123
POTHOLE REPAIR.....	695-2100
SAFE (forming neighborhood watch groups).....	673-SAFE
STREET LIGHTING CITY (out of order).....	554-0730
STREET LIGHTING PG&E (wood poles).....	693-3201
SUNNYDALE RESOURCE CENTER.....	586-7572
TRAFFIC SIGNALS (out of order).....	550-2736
TRAFFIC ENGINEERING (to request new traffic control sign/device).....	554-2300

Visitation Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300

AUTOMOTIVE

BAYSHORE GAS & SERVICE (mechanic), 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic), 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450
GARAGER BY TOP RACING, 130 Leland Ave. 333-5838
MR. CLEAN'S CAR WASH (Morton Bradley, detailing), 2501 Bayshore Blvd., 468-8831
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conle), 2520 Bayshore Blvd., 239-5880

BANK

BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS

CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS

DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709

BEAUTICIANS

ANGEL COIFFURES, 5 Leland Ave., 239-9891
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
McCALL'S FOR HAIR, 3585 San Bruno Ave., 467-7319
MIZRENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY (manicurist), 50 Leland Ave., 333-6800
A NEW START HAIR STUDIO (Joyce Hollins), 224 Leland Ave., 584-3077
TAMMIES HAIR DESIGN, 3664 San Bruno Ave., 330-9635

BLIND CLEANING

SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE

ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

BOOKKEEPER

VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CHURCHES

CHURCH OF THE VISITACION, 665 Sunnydale Ave., 239-5950
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 580 Leland Ave., 239-5457

ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381

VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055

VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

CLOTHING

SPONA (designer fashions, Delores Logan), 9 Leland Ave., 239-9631

DENTIST

VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS

GENEVA VALLEY DEVELOPMENT CORP., 333 Schwern St., 587-7895

TUNTEXU S.A., 150 Executive Park Blvd., 468-6676

DISTRIBUTOR

PACIFIC FISH & POULTRY, 2414 San Bruno Ave., 468-2355

ELECTRICAL

TATE ELECTRIC (Joel Tate), 467-4657

FINANCING

ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900

FLORISTS

CUPID FLORIST, 36 Leland Ave., 585-7766
IL ROSE FLOWERS, 2466 San Bruno Ave., 468-0145

GARDEN ORNAMENTS

SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

GROCERS

E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300

K.C. MARKET, 400 Wilde St., 467-3024

LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815

M & M SHORTSTOP, 2145 Geneva Ave., 585-0878

PICCOLO PETE (deli), 2155 Bayshore Blvd., 468-6900

SAM'S DELI & LIQUOR, 25 Leland Ave., 239-7183

SARI-SARI FOOD STORE, 58 Leland Ave., 239-7183

7-11 (Manny DeLeon), 2200 Bayshore Blvd., 468-8646

SHIRELS GROCERY AND FLOWERS, 1401 Visitation Ave.

SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851

SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506

SUPER FAIR MARKET, 201 Leland Ave., 239-6856

TAUTUA MO DE (Samoan grocery, gifts, fabric), 15 Leland Ave., 585-0509

TEDDY'S MARKET, 298 Teddy Ave.

VALLEY SUPER MARKET, 65 Leland Ave., 239-7520

HAIR PRODUCTS

JADE HAIR PRODUCTS, 160A Leland Ave.

HERBS

KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751

SAN ON HERBS, 33-A Leland Ave., 333-7469

HYPNOTHERAPY

VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

LAUNDRY/CLEANERS

BAY WASH, 44 Leland Ave.

CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467

COIN WASH & ORY LAUNDRY, 186 Leland Ave.

FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418

LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412

VALLEY LAUNDRY, 90 Leland Ave.

VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING

3N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555

VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907

VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

LIBRARY

VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

LOCKSMITH

M-3 LOCKSMITH, 200 Leland Ave., 587-8403

LODGING

THRIFT LODGE, 2011 Bayshore Blvd., 467-8811

MANUFACTURERS

NAHONWIDE PAPER COMPANY, 345 Schwern St., 586-9160

MARTIAL ARTS

360 DEGREES MARTIAL ARTS, 38 Leland Ave., 452-4194

MEDICAL

AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620

HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwern St., Appointment 715-0310

PORTOLA FOOT & ANKLE CLINIC (Dr. Dinyang Patel), 2858 San Bruno Ave., 467-7500

ORGANIZATIONS

GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700

GIRLS AFTER SCHOOL ACADEMY, 1652 Sunnydale Ave., 584-4044

JOHN KING SENIOR CENTER, 580 Leland Ave., 239-6233

LELAND HOUSE, 141 Leland Ave., 405-2000

SENIOR CENTRAL DISTRICT, 66 Raymond Ave., 330-1789

VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY

VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER

WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING

MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401

POST OFFICE

VISITACION U.S.P.O., 68 Leland Ave., (800) 275-8777

PSYCHIC

MIRACLE CHILD (reader and advisor, palm, tarot, aura, confidential readings), 161 Leland Ave., 585-2192

REALTORS

CAMERON JONES, INC. (Cathy Kline-Saunders), 334-0800

HENRY SCHINDEL, 239-5850

RESTAURANTS

CLIFF'S BARBECUE SEA FOOD, 2177 Bayshore Blvd., 330-0736

G & L BAKERY AND RESTAURANT, 198 Leland Ave., 239-6283

HONG YUN RESTAURANT (Vietnamese), 73 Leland Ave., 469-5686

HSUN KUANG RESTAURANT (Chinese), 30 Leland Ave., (587-2763)

LUAN FAT BAKERY, 110 Leland Ave., 585-1167

RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252

SHIRELS SOUL FOOD, 107 Leland Ave., 239-5141

TWO JACKS RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433

SELF-DEVELOPMENT

DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specials), 467-7808

SERVICE PROVIDERS

THE VILLAGE (community center), 333 Schwern St., 239-5045

VISITACION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES AND TRAINING (VVBSST), 120 Leland Ave., 586-7347

VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400

VISITACION VALLEY FAMILY SUPPORT CENTER, 251 Schwern St., 469-2120

VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwern St., 239-2866

SHOE REPAIR

ARMANDO'S SHOE REPAIR (Armando Rosagnuolo), 156A Leland Ave., 239-7216

SIGNS

SMITH'S SIGNS, 153 Leland Ave., 333-2700

TAVERNS

THE CLUB HOUSE, 25 Blanken Ave.

OLIVIA'S PLACE, 2600 Bayshore Blvd., 239-7711

Holiday Pot Luck at VVES



Sponsored by the Visitacion Valley Elementary School (VVES) PTA, a multicultural pot luck dinner brought about 100 parents and children to the school on Dec. 16.

After a presentation on "Holiday Stress Management for Families" by Beacon Center consultant Dera Blake, dinner was served by the school staff. It was a real pleasure for

all who attended the event to share a meal together during the holiday season and taste various home cooked ethnic delicacies.

Special thanks to Mrs. Ramirez, Mr. Morales, Mrs. Basco, Mrs. Argumedo and Mrs. Romero of the PTA and to Ms. Davis and Mrs. Flores of the school for cooking and coordinating this successful event!

Quesadillas Make Great Snacks

(NAPS) Warm, spicy quesadillas filled with shredded chicken, Monterey Jack cheese and a sprinkling of Tabasco brand Green Pepper Sauce along with a zesty, chunky fresh salsa of creamy, ripe California avocado and fresh tomatoes, also livened with pepper sauce makes a winning combo.

Chicken Quesadillas With Avocado Salsa
Avocado Salsa: 3 ripe tomatoes (about 6 ounces), chopped; 1/2 cup coarsely chopped cilantro or parsley; 1/2-cup chopped green onion, divided; 2 tablespoons Tabasco brand Green Pepper Sauce; 1/8 teaspoon salt; 1 large, ripe California avocado, peeled and diced (about 1-1/2 cups).

Chicken Quesadillas: 1 (12-ounce) package Monterey Jack cheese, cut into 12 thin slices; 2 cups shredded cooked chicken; 12 fajita-size (6-inch) flour tortillas; Tabasco brand Green Pepper Sauce.

Combine tomatoes, cilantro, 1/4 cup chopped green onion, Tabasco Sauce and salt in food processor, process briefly until chopped but still chunky. Pour into bowl; stir in avocado. Set aside.

Place 1 cheese slice and 2 tablespoons chicken on half of each torti-

lla. Sprinkle generously with Tabasco Sauce and top with chopped green onion. Fold tortillas in half. Lightly grease large heavy skillet and place over medium-low heat. Cook quesadillas approximately 45 seconds per side or until lightly browned and crisp. Serve hot with Avocado Salsa.

Mexican Lasagna

3 tablespoons Imperial Spread, 1 medium onion, chopped; 1 package (1.0 oz.) Lawry's Taco Spices & Seasonings; 1 can (28 oz.) diced tomatoes, in juice; 1 can (4 oz.) diced green chiles (optional); 6 ounces tortilla chips; 4 cups (16 oz.) shredded Monterey Jack cheese; 1 cup sour cream; 1/2 cup (2 oz.) shredded cheddar cheese.

In large skillet, melt Imperial Spread over medium high heat. Add onion and cook until tender. Add Taco Spices & Seasonings, tomatoes and chiles; mix well. Bring to a boil, reduce heat to low and cook, uncovered, 10 minutes, stirring occasionally. Spray 2-quart casserole dish with Shedd's Country Crock cooking spray, arrange 1/2 of tortilla chips, sauce and Monterey Jack cheese. Repeat layers, top with sour cream. Bake in 350 degree F oven 25 minutes. Sprinkle with cheddar cheese and bake 5 minutes longer. Let stand 10 minutes before cutting into squares.

Is Anyone in America Safe from Malicious Litigation or Prosecution?

(NAPS) It seems that every day yet another white-collar prosecution makes the headlines. The targets are not just corrupt politicians, but ordinary citizens, caught in the grips of a criminal justice system that seems to have gone mad with a greater proportion of the population incarcerated in America than in any other modern society. The reasons for these disturbing trends are not hard to find. First, in recent years, Congress has attached harsh criminal penalties to thousands of regulatory violations. Second, harsh mandatory sentencing guidelines are used to force plea bargains from practically everyone charged with crimes. Finally, prosecutors go after convictions with a vengeance to appear "tough on crime."

A recent victim of the trends has been Besicorp, a public-spirited, upstate N.Y. company dedicated to renewable energy and clean power generation. Even more disturbing, the prosecution was instigated by an organized group of "corporate raiders" who bought its publicly traded stock and made demands upon the company that amounted to extortion.

Besicorp's founder and CEO, Michael Zinn, refused to bow to the raiders. What followed was a horror story of slander, malicious litigation, and the organized manipulation of the courts in a relentless attempt to wrest control of the company from its founder's hands. The raiders succeeded in instigating a massive fed-

eral investigation, resulting in an indictment against Zinn for a minor technical violation of an obscure election law. Zinn was forced to plea-bargain, and, unable to present his case in court, was sentenced to a term in federal prison despite his capitulation, though he did manage to retain control of Besicorp and survive to tell his tale.

Mad-Dog Prosecutors and Other Hazards of American Business by Michael Zinn published last November by Station Hill/Barrytown Ltd., gives a chilling account of the vicious methods used by the raiders and provides a disturbing look at the state of the American criminal justice system. No one in America is safe from malicious litigation and prosecution, says Zinn. Minimum-sentence mandates, the unbridled abuse of the plea-bargaining process, crowded courts, and the relentless desire of prosecutors to ring up convictions, have all but abolished the right to trial-by-jury.

The book is also a warm, human story of the devastating personal effects of federal prosecution on the families of people targeted by the government. It sells for \$22.95. Trade orders only, call Consortium Book Sales & Distribution, 1045 Westgate Drive, St. Paul, Minn. 55114-1065, phone: 651-221-9035, fax: 651-221-0124. Individual orders call 1-888-758-0610 or visit www.stationhill.org. For a website dedicated to the book visit Maddogprosecutors.com.

Taking Charge of Your Finances

(NAPS) No matter what time of year it is, smart consumers are always looking for ways to get the most value for their money. It's a combination of activities and resources that ultimately brings the best results. Good planning and a solid budget are always important--combine that with new tools to ease money management and new resources like the Internet, and you can give new meaning to saving money, time and energy.

Financial fitness may be easier than you think. Keeping a few simple tips in mind may help you to find the best deals, maximize your savings and keep your budget under control.

Stick to Basics. The first step in establishing a healthy financial future is setting up a budget you can live by. It's important to set priorities and distinguish between what you really need versus what you want. A good place to begin is by making a thorough list of your monthly expenses, including mortgage, utilities, groceries, credit card payments, etc. Designing a plan that is realistic is the key to being able to stick with it.

Cents and Sensibility. Living economically doesn't mean you can't buy some of the things you want. It does mean that you want to put your money to work for you in the best possible way. Once your budget is in place, planning ahead for larger expenses like family vacations, home improvements or summer camp for the kids will go a long way in managing your expenses. Do research, comparison shop, talk to friends and family. Also, there are many places to shop these days, from department and factory-outlet stores to warehouse clubs and the Internet. Try them all.

Be Resourceful. More companies than ever are now online. You can check with companies you do business with regularly including utilities, banks and credit card companies to find out if there is a web site available for customers who want to check accounts, make inquiries, payments or access other information online. This can help you get organized and stay on top of your finances. Also, there are many software programs available on the market that can help you set up and manage budgets. Check with your bank or credit card company to see what they offer.

Look for Extra Values. Using a charge or credit card to pay for your purchases can be a valuable tool for tracking expenses and adding value to your money. For example, many charge and credit cards often provide benefits that will protect your purchases against damage and theft and

extend manufacturers warranties. American Express provides Purchase Protection, Buyer's Assurance and Return Protection on many of its charge and credit cards, at no extra cost. To find out more about these programs, visit the American Express website at www.americanexpress.com or call your credit card company.

Rewarding Experiences. Spending money can be a rewarding experience--literally! If you're using a charge or credit card, you can get something back for your spending by choosing a card that offers a rewards program, i.e. points or miles for dollars spent. There's a wide variety of programs and options available with rewards ranging from frequent flyer miles and hotel and car rental points to retail rewards. Check with your card company to see if they offer a rewards program.

You can do it! Remember, managing your budget can be as simple as 1-2-3: 1. Don't procrastinate; 2. Stick with it; and 3. Be resourceful.

Treatment Benefits High Blood Pressure

From Page 1

If you are at risk for high blood pressure, it is important to seek the advice of a physician who can discuss new medications like Aceon Tablets and lifestyle changes that can control hypertension.

"With all the drugs available for the treatment of high blood pressure, we still have not been able to reduce the incidence of cardiovascular disease as much as we should have and more needs to be done," says Dr. Neutel. "The introduction of Aceon Tablets provides us with an exciting new alternative in the battle against high blood pressure."

Based on pivotal clinical studies, Aceon Tablets has been shown to be effective and well-tolerated. When used in pregnancy, during the second and third trimesters, ACE inhibitors can cause injury and even death to the developing fetus. When pregnancy is detected, Aceon Tablets should be discontinued as soon as possible.

In clinical trials, cough was the most frequent adverse event possibly or probably related to the treatment occurring in 6 percent of patients treated with Aceon Tablets compared to 1.8 percent in patients receiving placebo. Other commonly reported side effects included proteinuria, palpitation, sinusitis, viral infections, dyspepsia, fever, upper extremity pain and hypertension.

Ask Dr. Pearle

(NAPS) Regular visits to your eye doctor are so important, for your vision and for your overall good health. It's also important to understand the broad spectrum of eye health issues that affect you and your family. Here are some of the many questions patients ask me and other affiliated optometrists at Pearle Vision.

My grandmother is getting on in years, and I want to help her stay healthy. I have heard a little about glaucoma, but I don't really know that much. What are the symptoms of glaucoma, and how can I protect my grandmother?

The Glaucoma Research Foundation reports that glaucoma is the second leading cause of blindness in the United States, and that at least three million Americans have glaucoma. Perhaps even more shocking, at least half do not even know they have it. Glaucoma is generally called "the sneak thief of sight," because many people with glaucoma don't know they have it until it's too late to save their sight.

It is important that you and your grandmother are aware that glaucoma is not one disease but a group of diseases that are characterized by peripheral or side vision loss and also increased pressure in the eye. Glaucoma may occur when there is too much fluid pressure in the eye, causing eye damage and potential blindness. Fortunately, glaucoma can be controlled if the disease is detected and treated in time.

Typically, glaucoma seldom produces early symptoms, and usually there is no pain from increased pressure. So it's important for eye specialists to test for glaucoma during routine eye exams. The one reliable method of detecting glaucoma is a simple office test called ophthalmoscopy. This procedure allows the doctor to examine the optic nerve for signs of glaucoma. Tonometry, or the "puff" as many call it, is another test to help in the detection of glaucoma.

I would encourage you and your grandmother to visit the Pearle Vision near you and ask about having her eyes tested for glaucoma.

I'm having a tough time reading the newspaper these days and seeing things close up. I'll be 40 next month, but I didn't think I'd have to worry about failing eyesight for at least a few more years! Why is this happening to me, and what can I do to fix it?

The condition you have described is called "presbyopia," which is the gradual decline in the ability to focus on close objects or to see small print. Presbyopia is a very common condition and can be easily diagnosed during an eye examination. Regardless of your prior vision correction needs, presbyopia is considered a normal and almost inevitable part of the aging process.

Most people develop presbyopia around the age of 40. The impact may be felt sooner in people regularly involved in near-vision tasks such as reading or working with small objects. However, using your eyes does not make the situation worse.

Symptoms of presbyopia include straining to read newsprint, or holding it at arms length, confusing similar numbers, such as 8 and 3, and having difficulty focusing on price tags or the time on a wristwatch.

Presbyopia is easily treated with reading glasses or one of the vast array of specialty lenses available today, such as no-line bifocals, or progressive multifocal lenses. Exercising certain eye muscles and proper nutrition can also play a role in delaying the onset of presbyopia.

King Holiday Party



John King joined (l-r) Karen Rosen of the Commission on Aging and Pat Crocker of VVCC Senior Center at the annual King Center Christmas Party.

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